

Marlboro Township
Department of Recreation

1996 Recreation Way, Marlboro, New Jersey 07746

Phone: 732-617-0100 Fax: 732-536-2376 E-mail: Recreation@marlboro-nj.gov

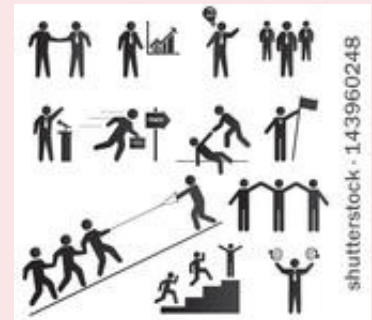
NEW ON THE MARC CROSS TRAINING CONDITIONING PROGRAM

This unique 60-minute intense Cross Training Conditioning program will increase a child's overall sports performance and jump-start their developing core skills that are guaranteed to improve and help prevent injuries in any sport.

- * Reaction Time
- * Hip rotation
- * Quick feet
- * Fast Hands
- * Shoulder flexibility
- * Increased strength/explosiveness

Ages: 8 - 11 year olds - Mondays
12 - 15 year olds - Wednesdays

When: Mondays, Feb. 8, 22, 29
Mar. 7, 21
Apr. 4, 11, 18
Wednesdays, Feb. 10, 17, 24
Mar. 2, 9, 16, 23
Apr. 6



Where: Recreation Center

Times: All classes 6:00pm - 7:00pm

Fee: \$65 per resident \$80 per non resident

Go to <https://register.communitypass.net/marlboro> to sign up
Listed under "Youth Classes Winter"